

Spiced-up butternut squash soup

A hint of curry and cilantro takes this soup up a notch, making it a hands down favourite. This go-to recipe is versatile, so sub in other vegetables to transform it into a brand new soup.



Vegetarian



Freezer-friendly



PREP TIME
15 min



COOK TIME
30 min



SERVINGS
6

Ingredients

- 1 medium butternut squash (about 1.125 kg/2½ lb)
- 5 mL (1 tsp) vegetable oil
- 1 onion, chopped
- 2 cloves garlic, minced
- 10 mL (2 tsp) mild curry powder or paste
- 750 mL (3 cups) vegetable or chicken broth
- 30 mL (2 tbsp) chopped fresh cilantro or parsley (optional)
- 1 mL (¼ tsp) of ground black pepper
- 85 mL (⅓ cup) 0% plain Greek yogurt (optional)

Directions

1. Peel squash using a vegetable peeler. Cut squash in half crosswise, then cut each half in half lengthwise. Remove seeds. Chop squash into equal pieces (about 2.5 cm/1 inch); set aside.
2. In a soup pot or large saucepan, heat oil over medium heat and add onion, garlic and curry powder. Cook, stirring for about 2 minutes or until starting to soften. Add chopped squash, broth and cilantro, if using. Bring to a boil. Once at a boil, reduce heat to a gentle simmer, cover and cook for about 25 minutes or until squash is very tender.
3. Remove from heat and let cool slightly. Ladle into blender in batches or alternatively, using an immersion blender, puree soup in pot until smooth. Stir in pepper. Serve with a dollop of yogurt if desired.

Tips

- ✓ Save some soup for the next day's lunch. Add canned, drained and rinsed chickpeas to the soup to keep you energized all afternoon.
- ✓ Transform this soup using 1.5 L (6 cups) chopped broccoli or cauliflower or 2 sweet potatoes instead of butternut squash.
- ✓ When using the blender, be sure to let soup cool slightly. Before pureeing, hold the lid with a kitchen towel to ensure it doesn't pop off.
- ✓ Remember, a little salt goes a long way. Taste the food before adding any salt.

Recipe developed by Emily Richards, PH. Ec. for the Heart and Stroke Foundation of Canada. Reproduced with permission from the **Heart and Stroke Foundation of Canada**.

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